

BARSTOW LOG

Vol. 3, No. 39

Marine Corps Logistics Base Barstow, California

August 12, 1999

I-15 Construction Alert

By Bill Bokholt

Public Affairs Officer

Roadwork will be done on the Lenwood – I-15 Interchange, west of Barstow, today through Aug. 23. Southbound lanes one and two will be alternately closed from 6 a.m. to 3 p.m. today and tomorrow from 6 a.m. to noon.

Aug. 16, southbound lane two will be closed from 6 a.m. to 3 p.m. and the southbound on-ramp will be closed from 6 to 8 a.m.

Aug. 17 to 19 the southbound and northbound lanes will be alternately redirected to accomplish demolition of the old Lenwood Road Bridge. The newly constructed southbound loop ramp will be closed during the bridge demolition on Aug. 17. Southbound lanes one and two will be crossed over to northbound lane one and northbound lanes one and two will be crossed over to the southbound lane one from 6 a.m. to 5 p.m. The same crossovers will occur from 6 a.m. to noon on Aug. 20.

On Aug. 23 southbound lanes one and two will be alternately closed from 6 a.m. to 3 p.m. for roadway striping.

All times are subject to changes due to unexpected conditions. For further information call Frank Lozano, Resident Engineer, Lenwood – I-15 Interchange Project at (760) 253-4514.

Worker saved by golden shoe

By LCpl. Brian Davidson

BARSTOW LOG staff

For ages people have said a person's shoes can tell you a lot about them or don't judge a person till you've walked a mile in their shoes.

Thanks to safety shoes, Fred Haskin can still walk – and without crutches.

While working in Warehouse 402 Haskin, a material handler, approached a forklift operator and asked if he could move some materials out of the way. The forklift operator agreed and set about the task of maneuvering the forklift into position. However, Haskin had not yet cleared harm's way.

As the vehicle turned around, it ran over Haskin's foot

If Haskin wasn't wearing safety shoes he would have joined the ranks of the 120,000 members of the American workforce who received disabling foot injuries in 1998. The National Safety Council also estimated that 40,000 of those injuries were toe injuries.

"Safety shoes saved Mr. Haskin's toes," said Richard Johnson, base safety manager. "Had it not been for [his shoes], all of his toes would have been crushed."

According to a Bureau of Labor Statistics study most workers who suffer foot injuries are hurt while performing normal job activities and are not wearing protective footwear. The study fur-

ther noted that a large percentage of employers don't require their employees to wear safety shoes.

"All of my coworkers say I was very lucky," said Haskin. "I know that after being run over by a 10,000 lb. electric forklift it could have been worse than just a bruised toe and a slightly dented shoe," he noted cheerfully.

In accordance with long-standing base safety policy, Haskin was wearing steel-toed safety shoes.

"The steel toe absorbed all of the weight of the forklift and the driver with minimal, very minimal damage to the shoe and Mr. Haskin's foot," said Johnson. "After I documented the incident he returned to work immediately."

Haskin noted that it's the first such incident to happen to him in his 18 years of service as a material handler at MCLB Bartstow.

Many workers, unlike Haskin, don't get back to work after such incidents. Foot problems cause an estimated 15 million lost workdays each year and cost Americans more than \$2 billion for surgeries, according to the *Safety and the Supervisor Newsletter*.

Haskin's preventative action earned him the Golden Shoe Award. The award is sponsored by Hy-Test Safety Shoes to recognize employees who've protected and maintained their health and livelihood by wearing safety shoes. A coffee mug, denim hat and a

See SHOE Page 8

Road to recovery, advice along the way

By Sgt. Matthew R. Weir

BARSTOW LOG staff

As a young man, playing tennis and working on cars, being hurt was the furthest thing from his mind.

As Ronald J. Stradling got older, he knew there was always a threat of getting hurt, but he still thought nothing could take him off the job.

"You think about getting hurt in the back of your mind," he said, "but you have a job to do and you do it to the best of your ability."

Doing his job is what caused Stradling to hurt his back and miss more than four months of work.

In July of 1998, Stradling and Russel Shultz were replacing the hydraulic pump from the engine of an MK-48, Logistics Vehicle System.

"I was down on my hands and knees when it started to slip and I had to get out of the way quickly," said Stradling. "I thought I had only pulled a muscle. It did not even hurt that bad when it happened."

It was three weeks before the pain told him he had done more than pull a muscle.

"When I went in to get checked out, they marked me down for surgery right away," he said.

The pain Stradling's was suffering from stemmed from a herniated disc in his lower back, which affected the sciatic nerve in his left leg.

"I was in so much pain that pain pills were not even doing anything for me," he said. "The week before the surgery I could not walk or crawl

or do anything. I just found a position that felt comfortable and I just laid there."

After his surgery and more than a year of stretching and working out, Stradling is on the road to a good recovery.

"The doctors say that it will take anywhere from 18 months to two years to fully recover - or recover to a point where I am going to be for the rest of my life."

Although his recovery is still almost two years away, Stradling likes his outcome and is optimistic about his future.

"I am happy with the way things turned out," he said. "I could have been crippled or not been able to go back do my job anymore."

"My goal is to be 100 percent," he added. "I want to be back to where I was. I want to be able to do everything I was doing before I got hurt."

According to Randy Spencer, safety officer, Maintenance Center, the best way to avoid injury on the job is to follow the safety rules. Be aware of your surroundings and do not hesitate to ask for assistance.

"Safety should be job one," said Spencer. "The easiest way to get hurt is to not follow safety rules. Accidents can and will happen, but the majority of accidents can be avoided by awareness and proper planning."

As Stradling looked back on his injury he thought about what he could do to help keep his

See HURT Page 4



Photo by Cpl. Mike McQuillan

Neighbors take a 'Nite Out'

(Left to Right) Jeremiah Barry, Nathan Foster and Naquan Barry chow down some hotdogs at the National Night Out at the McKinney Youth Center, Aug. 3. National Night Out is celebrated by communities across the country to "Give crime and drugs a going away party."

"The whole idea is to promote and raise awareness about crime prevention," said LCpl. Gary Smith, NNO co-coordinator. "Safety is taken for granted in everyday life, so we put this event together to get people thinking about it."

See the story about National Night Out on page 6.

The CO/XO's Corner

The "CO/XO's Corner" is a tool the Base Commander and Executive Officer use to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

CO launches Civilian Wellness Program Pilot

By Col. Mark A. Costa
Base Commander

In the July 15 edition of the BARSTOW LOG I provided interim guidance and information about the Civilian Wellness Program. I also told you that a policy statement and details about the program would be published in the next few weeks. Even though my policy statement 5-99 is being distributed by other means, I am also using this column to get the same information to you.

The Civilian Wellness Program is a part of the Navy and Marine Corps' goals to improve the health, fitness and the quality of life of the armed forces family including our civilian Marines. Physically fit employees are more energetic, experience less stress, can enjoy a better quality of life, may experience lower sick-leave usage, and realize an increase in morale and productivity.

The MCLB Barstow Civilian Wellness Program is established under the direction of the Branch Clinic's Civilian Wellness Coordinator. *Participation is strictly voluntary.* This comprehensive well-

ness program is intended to encourage and assist everyone to have a physical fitness program.

Supervisor approval is required to participate, with mission requirements permitting. Subsequent increments of the Civilian Wellness Program will include exercise and nutrition counseling and accommodating individuals with their own exercise programs to exercise routinely on their own time.

The Pilot Program is the first increment in the Civilian Wellness Program. It targets those with no current physical fitness program. Participation must be at approved facilities in approved activities on the base. The program coordinator will monitor participation during duty hours.

Participation in the Pilot Program will be for a single six-month period for not more than three hours per week of administrative time. When authorized, this administrative time will be documented appropriately. I encourage all qualified civilian Marines to consider enrolling in the Pilot Program and discuss their participation with their supervisors. We intend to accommodate all quali-

fied applicants who gain supervisor's approval. If needed, a first-come-first-serve basis will be used if the number of applicants exceeds the facilities and activities available.

The Civilian Wellness program is intended to support mission accomplishment not compete with it. Active participants may become inactive due to mission requirements, training schedules, or other interruptions in their regular attendance. Inactive participant's status will be reviewed to ensure they are offered the opportunity to complete the program. Personnel who abuse the program will be dropped from the program.

One of our Barstow 2002 Installation Reform Plan strategies is *"investing in our people."* I believe the on-duty time we allow participants in this Pilot Program is a good investment in the health and well being of our people, from which both the command and the individual will reap benefits.

The CO sends.

Faith, sometimes more than meets the eye

By Cmdr. William R. Clough
Recruit Training Regiment

Here's a Pop Quiz. How many of these do you know?

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) Which animal provides us with catgut?
- 4) In which month do the Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) What animal are the Canary Islands named for?
- 7) What was King George the VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese Gooseberries from?
- 10) How long did the Thirty Years War last?

Answers:

- 1) 116 years — from 1337 to 1453.
- 2) Ecuador.
- 3) Sheep or horses.
- 4) November. The old Russian Calendar was 13 days behind ours. Russia adopted the new calendar after the Revolution.
- 5) Squirrel fur.
- 6) Dogs, the Latin name was Insularia Canaria, the Island of Dogs.
- 7) Albert. When he came to the throne in 1936 he respected

Queen Victoria's wish that no future king should be called Albert.

8) Dark Red.

9) New Zealand.

10) Thirty years of course — from 1618 to 1648, what were you expecting.

The point is, there's more to almost everything than meets the eye. The history, science or math you learned in high school wasn't wrong, but it was a quick overview compared to all that's out there to learn.

The same thing applies to your religious faith. Your faith should keep growing right along with the rest of your life. Most of the people I know who find the faith of their childhood simplistic, superficial or unrealistic find it so precisely because they learned it as a child and only understand it as a child would.

They grew up, but their understanding of what religion teaches is still that of a 12 year old. Here's a hint. If you meet somebody who seems mature, intelligent, and capable and believes in their religion, check out what they have to say about it.

The character and quality of your learning changes as you grow. Learning usually passes through three states.

In the beginning you learn the right answers.

In the second stage you learn the right questions.

In the third you learn what's worth asking. St. Paul put it this way,

"When I was a child I talked like a child, I thought like a child, I reasoned like a child. When I became a man I put childish ways behind me. Now we see but a dim reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now, these three things are permanent: faith, hope and love. But the greatest of these is love." (I Cor 13:11-13)

Gunfighter forum reaffirms NCO's importance

By Cpl. Jason Angel
MCAGCC 29 Palms

More than 500 noncommissioned officers were on hand in the base theater for the first NCO Gunfighter Forum, which focused on the leadership tactics of the Combat Center's small unit leaders, July 27.

During the presentation, seven combat veterans from World War II, Korea, Vietnam, Lebanon, Grenada, Panama, Somalia and the Persian Gulf provided the NCOs with an opportunity to ask them questions as well as gain first-hand insight on the personal experiences of the "gunfighters."

After the initial introductions, each panel member gave a brief description of their personal, military and combat experiences. This was followed by a period of questions and answers.

The questions, previously submitted by the various MCAGCC commands, were asked by respective "NCOs of the Quarter."

Each question varied in content and included, "Does the NCO of today live up with those of the 'old Corps,'" and "How would the weapons of today change the outcomes of yesterday's battles?"

When questioned on coping with killing the enemy in combat, SgtMaj. Ray V. Wilburn (ret.) replied, "There is no problem with coping."

"There is an understanding," added the 80-year-old WWII, Korean, and Vietnam War veteran. "That understanding is if you don't kill them, they'll kill you or your fellow Marines."

Following the submitted questions, crowd members were encouraged to ask questions of their own. "The NCO is

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Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

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BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Antelope Valley Press in Palmdale, Calif. Printed circulation is 3,500.

For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

Georgia Bound

The city of Atlanta Police Department is currently seeking Police Officer recruits with military backgrounds.

- Requirements:
- At least 20 years old
- U.S. Citizen
- Valid driver's license
- Lowest starting salary is \$28,783 per year. To find out if you qualify, visit MCCS Personal Services Division, Bldg. 129 or call 577-6265.

Volunteers needed for Lands Day

The Bureau of Land Management is looking for 150 volunteers to participate in a restoration project at the Odessa and Mule Canyon areas on Sept. 25.

The area is a scenic mining district that supports a variety of outdoor activities.

Volunteers will begin at sunrise and continue through the late afternoon.

Local sponsors will provide a barbecue lunch, and the first 100 volunteers to check in will receive a free T-shirt and a free pass to Lake Delores.

For more info on the National Public Lands Days restoration project contact Rose Foster-Villegas at 252-6011 or on the web at <http://www.blm.gov/>

whb.

Upcoming Trips

Mavericks vs. Stampede
Watch the game from the Hard Ball Cafe at Maverick Stadium as they take on the San Bernardino Stampede, Aug. 14.

The price of a ticket is \$10.00 per person, including entrance fee, a hot sandwich, chips, beans and a drink. (Transportation is additional.)

The van will leave MCLB Barstow at 5:30 p.m.

The MCLB walking color guard will present the colors during the opening ceremony. For more info on transportation call Dan Keirn at 577-6614.

Getty Museum Trip
The MCLB Barstow CWRA is sponsoring a trip to the Getty Museum in Los Angeles Aug. 28 at 6:30 a.m.

You'll enjoy this exceptional opportunity to see one of the world's largest collections of paintings, classical antiquities, bronze and marble sculptures, photography, and much, much more.

The collection includes works of art dating back from ancient history through the more contemporary times and is considered to be one of the best and most diverse in the world.

A bus will leave Bldg. 44 at 6:30 a.m., stops in Victorville at the Inter-

national House of Pancakes parking lot at 7:30 and returns to Barstow by 10:30 p.m.

The cost per person is \$10 to cover the price of gas.

Contact the following CWRA committee members for reservations:

Name	Phone
Dan Keirn	577-6614
Frederico Molino	577-7210
Ed Guz	577-6183
Vince Chavez	577-7076
Barbara Kulseth	577-6771
Kay Servais	577-6233
Wrayanne Huddleston	577-6714
Barbara Kent	577-7382
Tangia Joseph	577-7230
Bruce Rowe	577-7207
Cliff Acles	577-7092
Ed Frey	577-6940
Richard Tusing	577-6492
Sixto Granados	577-7424

Route 66 Market Festivals

The Barstow Area Chamber of Commerce is sponsoring the Fifth Annual Market Festivals Tuesday evenings from 6-10 p.m. at the Barstow Mall until Sept. 28. This year's theme is the Route 66 Market Festival.

ASMC/FMA Joint Luncheon scheduled for August

By GySgt. Frank Patterson
Public Affairs Chief

The American Society of Military Comptrollers joined forces with the Federal Manager's Association to host a luncheon at the Oasis Club Aug. 25 at 11 a.m.

Featured speakers are Barbara Vanlandingham and Carl Fillingame.

Vanlandingham is the program manager for the Commercial Activi-

ties study at Fort Irwin. She is now returning from the Aberdeen Proving Grounds where they won their recent competition.

Fillingame is the manager of the MCLB Barstow Commercial Activities study.

He is scheduled to provide an update on the progress of that currently on-going study.

Tickets may be purchased in advance from any person listed below:

Ticket Representatives

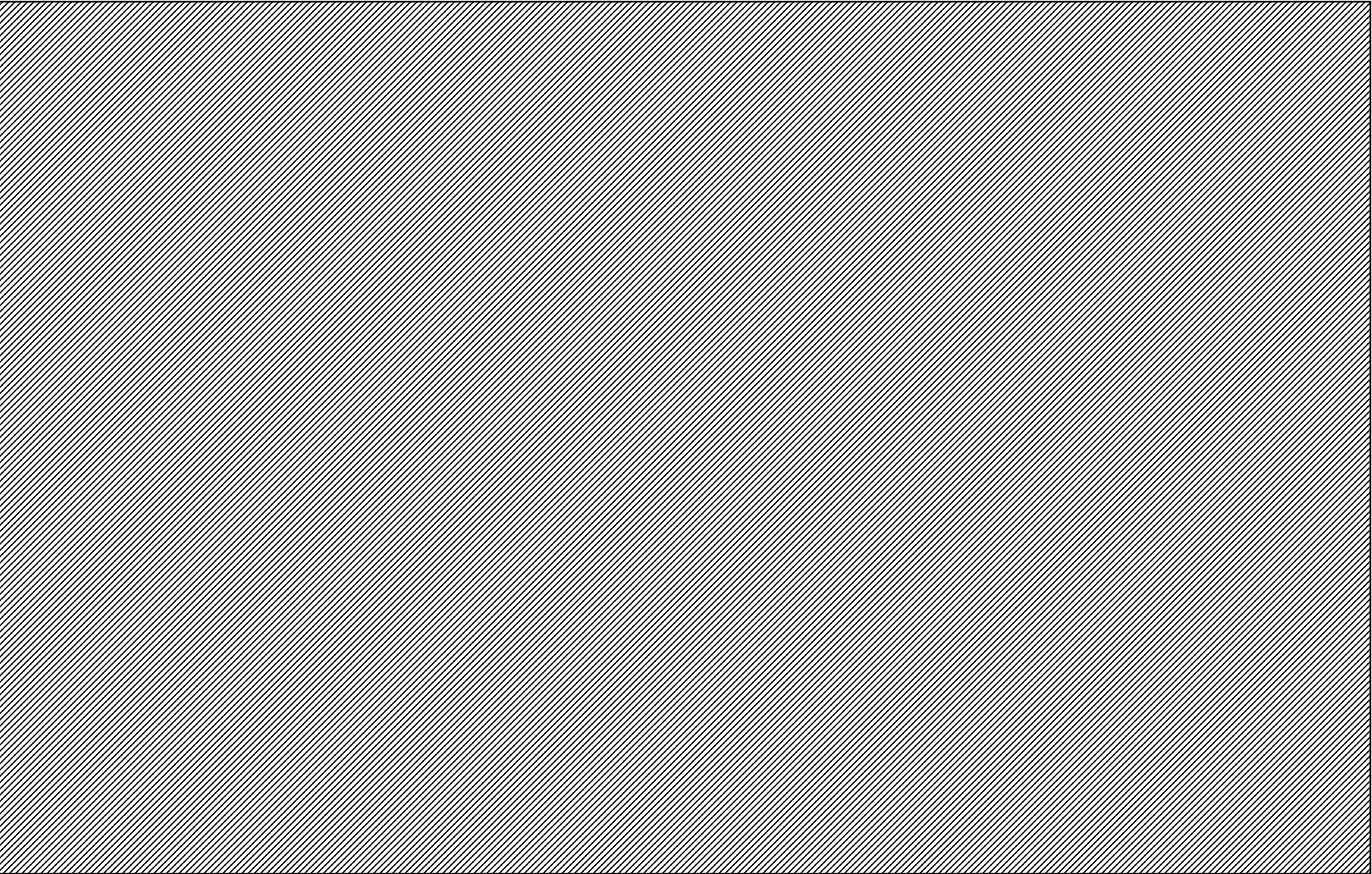
FMA

Name	Phone
Glenn Stoops	7291
Bob Pettit	7277
Lorinda Meinicke	7774
Connie Zamora	6657
Donna Wilder	6638
Bob Wyman	6866
Lorella Garcia	6352
Dallas Harris	6602
Donna Coppi	6279

ASMC

Name	Phone
Randy Meyer	6366
Conni Lewellyn	6596
Billie Reed	7875
Tito Escobedo	6369
Sophia Cisneros	6140
Lou Ann Presley	6636

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Job Watch

<u>Annc No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>	<u>Annc No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.	OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE 1 yr.)	03-24-99	09-30-99	04-07-99	Calif., Arizona
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme	OTR-35-99	Computer Specialist GS-334-11(Temp NTE 1yr.)	04-06-99	09-30-99	04-20-99	Calif., Arizona
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton	OTR-36-99	Materials Handler WG-6907-07 (Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
DEA-270-99	Environmental Engineer GS-0819-09/11 (Term NTE 4 yrs.)	07-19-99	08-23-99	08-02-99	Point Mugu	OTR-38-99	Materials Handler WG-6907-05(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
DEA-273-99	Environmental Protection Specialist GS-0028-11(Term NTE 4 yrs.)	07-19-99	08-23-99	08-02-99	Pt. Mugu	OTR-39-99	Ordnance Equipment Repairer WG-6641-08 (Temp NTE 1 yr.)	04-09-99	09-30-99	04-19-99	Seal Beach
DEA-297-99	Equipment Cleaner WG--7009-04(Term NTE 366 days)	07-22-99	08-19-99	08-05-99	MCLB Barstow	OTR-41-99	Painter WG-4102-07 (Temp NTE 1 yr.) Heavy Mobile Equip Repair/Oper. WG-5803-08/10/11(Timp NTE 1 yr.) Artillery Repairer WG-6605-07 (Temp NTE 1 yr.) Pneudraulic Systems Worker WG-8255-08 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-298-99	Computer Specialist GS-334-11/12	07-22-99	10-18-99	08-05-99	San Diego			06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-301-99	Occupational Health Nurse GS-610-11	07-26-99	08-23-99	08-09-99	Lemoore			06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-308-99	Pipefitter WG-4204-08/10	07-27-99	12-31-99	08-10-99	China Lake	OTR-79-99	Laborer WG-3502-02/03/04(Temp NTE 1 yr.)	07-21-99	08-18-99	08-04-99	MCLB Barstow
DEA-309-99	Electrician WG-2805-08/10	07-26-99	12-30-99	08-09-99	China Lake	OTR-80-99	Educational Technician GS-1702-04 (Temp NTE 1 yr.)	07-20-99	08-17-99	08-03-99	MCLB Barstow
DEA313-99	Heavy Mobile Equipment Repairer WG-5803-08(Term NTE 366 Days)	07-26-00	09-20-99	09-09-99	Barstow	OTR-82-99	Equipment Cleaner WG-7009-05(Temp. NTE 1 yr.)	07-22-99	08-19-99	08-05-99	MCLB Barstow
DEA-314-99	Boiler Plant Operator WG-5402-08/10	07-26-99	12-31-99	08-09-99	China Lake	OTR-90-99	Supply Technician GS-2005-05 (Temp. NTE 1 yr.)	08-03-99	08-17-99	N/A	Fallon, Nevada
DEA-329-99	Laborer WG-5803-04(Term NTE 18 Months)	08-03-99	08-30-99	08-16-99	Barstow						

For more information contact the Human Resources Office at 577-6484.

HURT from Page 1

comrades safe.

“Do not try to be macho,” he said.

“If it takes two or three or four people,

use them. We are out here to help each

other. If you have a question, ask the

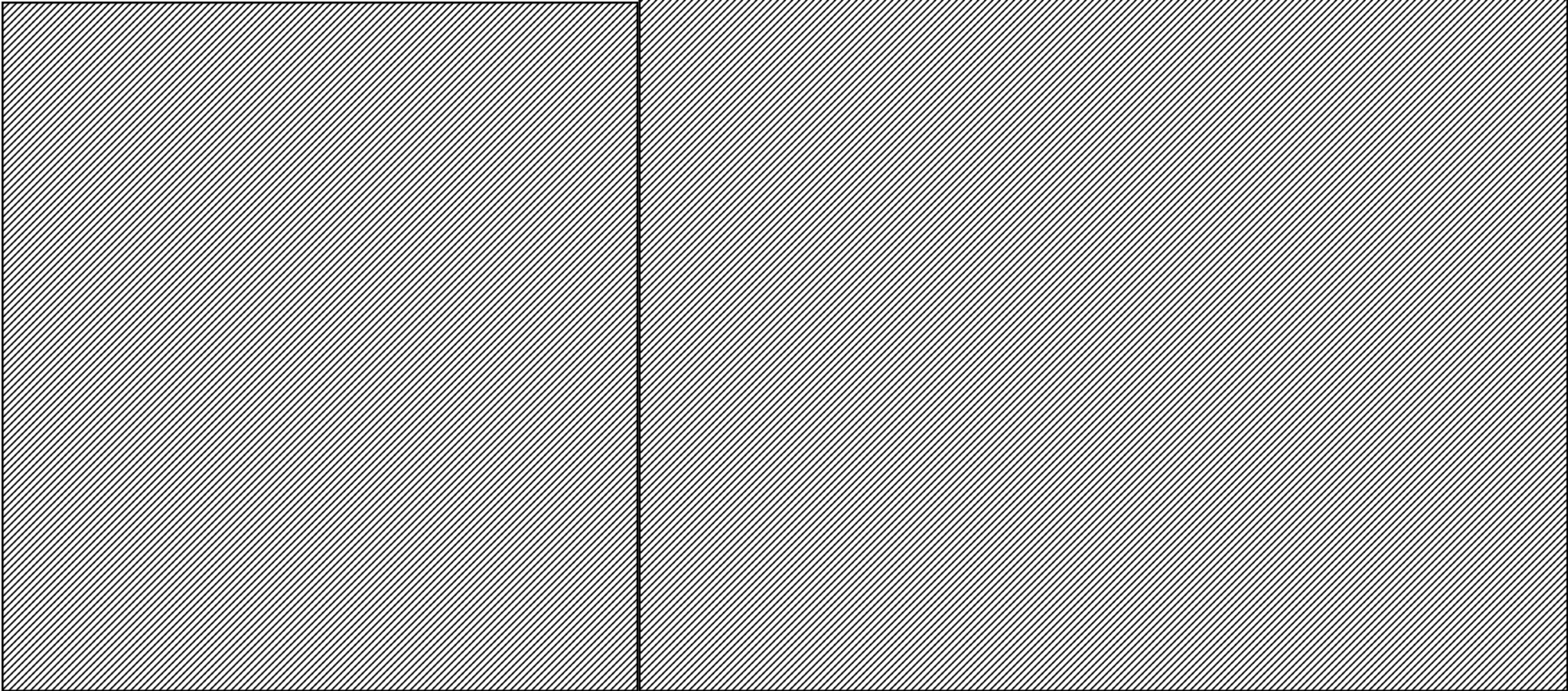
workers around you.

“The main thing is if you get into a

tight area, find the best way to do the

job. Study every way to do it before

you start.”



BRIEFS from Page 3

The annual event features a variety of craft, food and produce vendors, children's rides and a variety of entertainment.

Weekly themes include Calico Night, Military Appreciation Night, Police and Fire Night and others. So come out and have a good time.

Look for these fun nights in the future:

Date	Event
Aug. 17	Youth Night
Aug. 24	Military Apprec. Night
Sept. 7	Community Night
Sept. 14	Country Night
Sept. 21	Health & Fitness Night

For more info, call Tera Moore at 256-8400 or the Chamber of Commerce at 256-8617.

U.S. Naval Academy

The admissions board at the U.S. Naval Academy is accepting nominations for the academy or for the Naval Academy Preparatory School.

Applicants must be between ages at least 17 and younger than 23 by July 1 of the year they would enter the academy.

Potential Midshipmen must also be U.S. citizens, have good moral character, be unmarried, not pregnant and have no dependents.

Transfer orders will be issued on or about May 1, 2000. For more info, call the career planner at 577-6684.

Did you know ...

Visiting nurses working for the

Navy-Marine Corps Relief Society will make home, hospital or clinic visits?

They also provide health education and instruction and act as liaison with other resources.

During 1992, the Society's 48 visiting nurses conducted more than 55,000 patient visits, offering emotional support in times of stress, assisting patients' understanding of medication, diet and follow-up care, and providing continuity between patient, doctor and community resources.

For more info contact the Navy-

Marine Corps Relief Society at 256-1378 or 577-6627.

Military Mixer

The annual community-wide Military Mixer, co-sponsored by MCLB Barstow, The Barstow Area Chamber of Commerce and Fort Irwin will be held at the NTC Fort Irwin Leaders Club Sept. 16 at 6:30 p.m.

Free transportation is available on NTC buses that will leave the Mercado Mall parking lot at 5:30 p.m. Cost for the evening, which includes an ample

array of hors d' oeuvres, is \$12 for E-6 and above and civilians, and \$7 for E-1 through E-5. Tickets are available at the Public Affairs Office, Bldg. 15. For more info or arrange for tickets at the door, or reserve transportation, call 256-8617 before Sept. 9.

Y-102 Roofsit for MDA

The 10th Annual Y-102 Roofsit on behalf of the Muscular Dystrophy Association will be held on the corner of Bear Valley Road and 7th St., in

Victorville, September 2 through 6.

A Y-102 DJ will eat, sleep and broadcast from the roof at this location during the week to solicit donations while volunteers and Firefighters collect contributions from passers by.

MDA supports local individuals and funds hundreds of research projects world-wide seeking the cause, treatment and cure for neuromuscular diseases.

For more info or to volunteer to support this event call (760) 949-2935 or (909) 369-0720.

National Night Out

Families and friends come together and kick crime off the street

Story and photos

by Cpl. Mike McQuillan

BARSTOW LOG staff

MCLB wrapped up a decade of community involvement and crime prevention by hosting its tenth annual National Night Out at the McKinney Youth Center on base Aug. 3.

The Provost Marshal's Office coordinates the event each year with the help of local sponsors and volunteers with the theme in mind to "Give crime and drugs a going-away party."

"The whole idea is to promote and raise awareness about crime prevention," said LCpl. Gary Smith, NNO co-coordinator. "Safety is taken for granted in everyday life, so we put this event together to get people thinking about it."

Smith and Cpl. Efrain Sotelo began arranging for the celebration in January, networking with other organizations in the High Desert.

Groups such as the California Highway Patrol and the Mojave National Preserve set up information booths for guests to learn about laws and safety in the desert.

The Barstow Military Law Enforcement Association has fundraisers going all year, according to Smith.

"A lot of that goes to Law Enforcement Week," said Smith. "But we like to do more than one program per year."

The National Association of Town Watch created National Night Out in 1984 and has since grown to include more than 9,000 communities and 30 million people.

MCLB undertook the idea in 1990 and has won the NATW Military Award eight times over the past nine years.

"Before the event, we submit our plan of action to the National Association of Town Watch," explained Smith. "Then afterward we send them a synopsis of the event with pictures and a video. They compare us with the rest of the military bases. MCLB won eight out of nine times, and we should win it again this year."

Event organizers estimate more than 300 people attended the evening celebration, not including special guests McGruff the Crime Dog, Sparky the Fire Dog and Batman.

"Batman was a real trooper," said Sotelo. "That bat suit must have been pretty hot, but he stayed out there all night."

Other events included the dunk tank, where one toss of a ball sent a military policeman into a bath of recycled tap water.

The Military Police K-9 unit demonstrated to the crowd their brand of law enforcement, escorting Military Working Dog Daks through a course of drug sniffing and "criminal chomping."

A new event this year was the bicycle rodeo, where military policemen led two-wheeled enthusiasts through a maze of cones and obstacles.

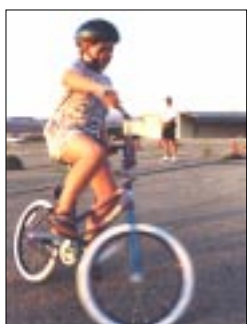
Other booths included the fingerprinting station and the hot dog booth.

"We're considering combining with local police departments next year," said Smith. "We just haven't worked the logistics out."

National Night Out is held the first Tuesday in August, so expect to see PMO hot on next year's plan in the near future.



Sgt. Mario Rivas holds his son, Mario Jr., as LCpl. Monte Matthews takes his footprints.



Amanda Mosier navigates through the bike rodeo course. The course taught children bike safety as they had fun riding.



(Left) Batman, SSgt. Ralsten Clark, landed on the scene to keep kids entertained.

(Right) Devon Miller attempts to dunk Sgt. James Soules in the free dunk tank.



READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

The Meritorious Sergeants Board has come and gone, but when the next board comes up are you going to be ready? Hq. Bn. is ...

Looking for a few good Marines

By Cpl. Mike McQuillan
BARSTOW LOG staff

Do you think you have what it takes to win the next meritorious promotion? How about the Marine of the Quarter board? A new Marine is chosen every three months to represent all Marines aboard MCLB Barstow before the Chamber of Commerce and throughout the Barstow community.

Gear yourself for success over the next two months, when Headquarters Battalion holds meritorious promotion boards for corporal and lance corporal in August, and the Marine of the Quarter board in September. Board members expect stiff competition, so now is the best time to put your best foot forward.

"You shouldn't wait until the board before trying to get a nomination," said 1stSgt. Charles Allen, Headquarters Battalion first sergeant. "It's a long process. You don't start training the night before a PFT. It's the same thing with a board."

The boards for meritorious corporal and lance corporal convene in two weeks. The lance corporal board consists of just the interview, where the Marine's knowledge, bearing and service record determine who is most qualified to step ahead of the pack and win a promotion.

The corporal board is much more intricate, adding a drill competition and a wall locker/junk-on-the-bunk inspection. So many aspects of the competition help test the "whole Marine" concept.

"You don't go up for the board because you're the best gadget maker in your shop," said Allen. "You go up because you're a Marine. We look at the big picture."

"So what's it like in there, anyway?"

A frequent question of the inexperienced reveals Marines' apprehension while standing the board. After reporting to the senior member of the board, the Marine stands at attention for seem-

ingly an eternity, as staff NCOs inspect the Marine's uniform from across a table. A quick evaluation of personal appearance and the questions begin. Marines are judged based on their answers and the way they conduct themselves.

"Presence before the board is very important," said Allen. "I've seen Marines with good records who were visibly shaking during the interview. It's just like jumping out of a plane. The more you do it, the more confidence you have while doing it."

The questions conclude with the senior member of the board asking a series of thought-based questions, culminating with the clincher; "Convince this board why you should be the winner."

"The competition at the board is very fierce," Allen emphasized. "There's never a shoe-in at a board. Unfortunately, the interview is just a snapshot of that point in time."

"You always expect to see certain things," added Allen. "Past history plays a lot more on the sergeant's board because obviously they have more experience."

"How do I get ready for a board?"

Meritorious boards are not in the MOS manual. Standing a board is a break in the routine and requires a unique means of preparation. The best training tool is the experience of others.

"I encourage staff NCOs to hold mock boards to get them prepared," said the first sergeant. "The Marines who have the experience should mentor their junior Marines."

The responsibility runs in both directions, as Allen points out. "Marines shouldn't just sit in their rooms and wonder 'Is the gunny going to nominate me?' They need to chase after it," said Allen.

"Am I good enough to win?"

In the past year, Marine of the Quarter boards have hosted as few as three Marines, and only one private first class dared to face last year's meritorious lance corporal board.

Perhaps Marines doubt their abilities and count themselves out without even trying. The question at Headquarters Battalion is if a Marine is getting high proficiency and conduct marks, why isn't he going up for a meritorious promotion, said Allen.

Pro and con marks reflect the whole Marine, and identify those who stand from the pack.

"There needs to be a balance between high pro and con marks and Marines seeking meritorious promotions," said Allen. "I encourage all the platoons and sections to send Marines who are qualified. If you send a Marine up for a meritorious promotion, it's a show of gratitude to tell the command you believe this Marine is qualified."

Headquarters Battalion also accepts the fact that nobody is perfect.

"We've had Marines with NJPs on their record win meritorious promotions," recalls Allen. "They've since overcome those problems, so we recognize them. There's not a zero-defect mentality."

"We don't expect Marines to be outstanding in everything," Allen continued. "There's always something that sticks out in the back of my mind that distinguishes a Marine from another."

What is it like?

Barstow's past board members tell why they did it and how how it feels to win.



Sgt. Tina Dexter
Marine of the Quarter,
4th Quarter - 1997

"Not only are boards an outstanding test of one's mettle, but they offer the best opportunity for a Marine to show the Command just what he or she does daily and is capable of doing. Go out there and show MCLB Barstow just how outstanding you are! Know your role and go for the board."



Cpl. Brad Price
Meritorious Corporal
September - 1998

"The purpose of the meritorious corporal board for myself was that of a personal goal. I wanted to be an NCO before my three-year mark and a sergeant by the end of my first enlistment. If you want it bad enough then it is worth going for, no matter what the outcome may be. Earning the NCO blood stripe has the same feeling as walking across that parade deck and claiming the title as a United States Marine."



Sgt. Robin O'Neal-Hasseler
Meritorious Corporal
March - 1998

"I am under the scrutiny of every eye on base. Even as I do this I ask, what have you done to help the Marine Corps shine in the public's eye? What have you done to change the way we are looked at by the public? Have you gone out and done community service? I challenge each Marine out there to motivate one another and help each other out in times of trouble."



LCpl Joe Jensen
Marine of the Quarter
2nd Quarter - 1999

Headquarters Battalion

Promotions

Capt. Kenneth A. Lee
GySgt. Bradley S. Hall
Sgt. James G. Hettinger
Sgt. Karl C. Garrison
Cpl. Morad S. Alkarsh
Cpl. Eric C. Behar
LCpl. Wayne C. Kopawski
LCpl. Joshua D. Peterson

Good Conduct Medals

MSgt. Norberto A. McKenzie
SSgt. Jeffrey A. Basset
Sgt. Scott D. Bush
Sgt. Donald B. Smith
Cpl. Francoare Ventura
Cpl. Jesse A. Williams
Cpl. Jeff R. Osborn
LCpl. Luis C. RodarteMoreno

Battalion Commander: Maj. Kathy J. Maloney

Battalion First Sergeant: 1stSgt. C. J. Allen

Protect your feet

On the job:

- Wear protective footwear.
- Keep the walkway and working areas free from clutter.
- Be aware of hazards and stay alert.
- Take proper preventative measures.
- Ensure clarity when communicating with coworkers.

Off the job:

- Bathe your feet daily and dry them thoroughly.
- Check your feet frequently for corns, calluses and cracks.
- Trim your toenails straight across slightly longer than the end of the toe.
- Keep your feet warm.
- Visit a podiatrist as part of your annual check-up.
- Wear protective footwear when moving heavy objects or doing yard work at home.

If you haven't purchased your safety shoes yet, there is still time. Safety shoes will be available for purchase Wednesday in Yermo in front of Building 573 from 7 to 11 a.m. and in Nebo at Building 236 from noon to 2 p.m.

FORUM from Page 2

the bedrock upon which the 'Corps' is built," said Col. David W. Mauldin, 7th Marines Commanding Officer. "The NCO leader is who really makes things happen. If things are running correctly at the fire team and squad level, all other levels can build on that. If things are not running correctly, any structure we build over it will function improperly. "I'm very pleased with the outcome of this forum," Mauldin added. "I also feel it was well received by the NCOs." Many of the Combat Center NCOs also agreed with Mauldin's observation.

"This was an outstanding forum," said Cpl. Daniel A. Marin, a 23-year-old Chicago native and telephone switchboard repairman with Combat Service Support Group-1. "It gave me a clearer picture of my responsibilities

as an NCO. There's much more than delegating authority. It's also about taking responsibility, and providing proper leadership for your junior Marines." The NCO Gunfighter Forum is the brainchild of former "HQ" Co., 7th Marines Company Commander Capt. Mike Johnson, according to Mauldin. With the first NCO Gunfighter Forum a success, plans are being made for quarterly forums, according to Mauldin. "The hardest leadership position in the Marine Corps is that of an NCO," Mauldin said. "We all know the responsibilities they have on their shoulders, and we want to help them in every way we can."

Hunt on for runners

The long-distance runners of MCLB Barstow return to the San Diego Marathon Jan. 16 in Carlsbad. The race is expected to draw a field of more than 4,000 runners. MCLB is hunting new talent to represent Barstow. Only one runner from last year's six-Marine squad returns this year, meaning up-and-coming runners seeking a challenge have a spot on the team waiting for them. If the base generates enough interest, Marine Corps Community Services Division will sponsor a team. Another possibility is a relay team, where five runners split the distance among themselves. The team trains every Sunday at 8 a.m., beginning at the playground at Chosin St. in Base Housing. No reservations are necessary. For more information, call GySgt. Michael Claudio at 577-6533.



Photo by LCpl. Brian Davidson

Fred Haskin receives the Golden Shoe Award from Lt.Col. Mark Maloney.

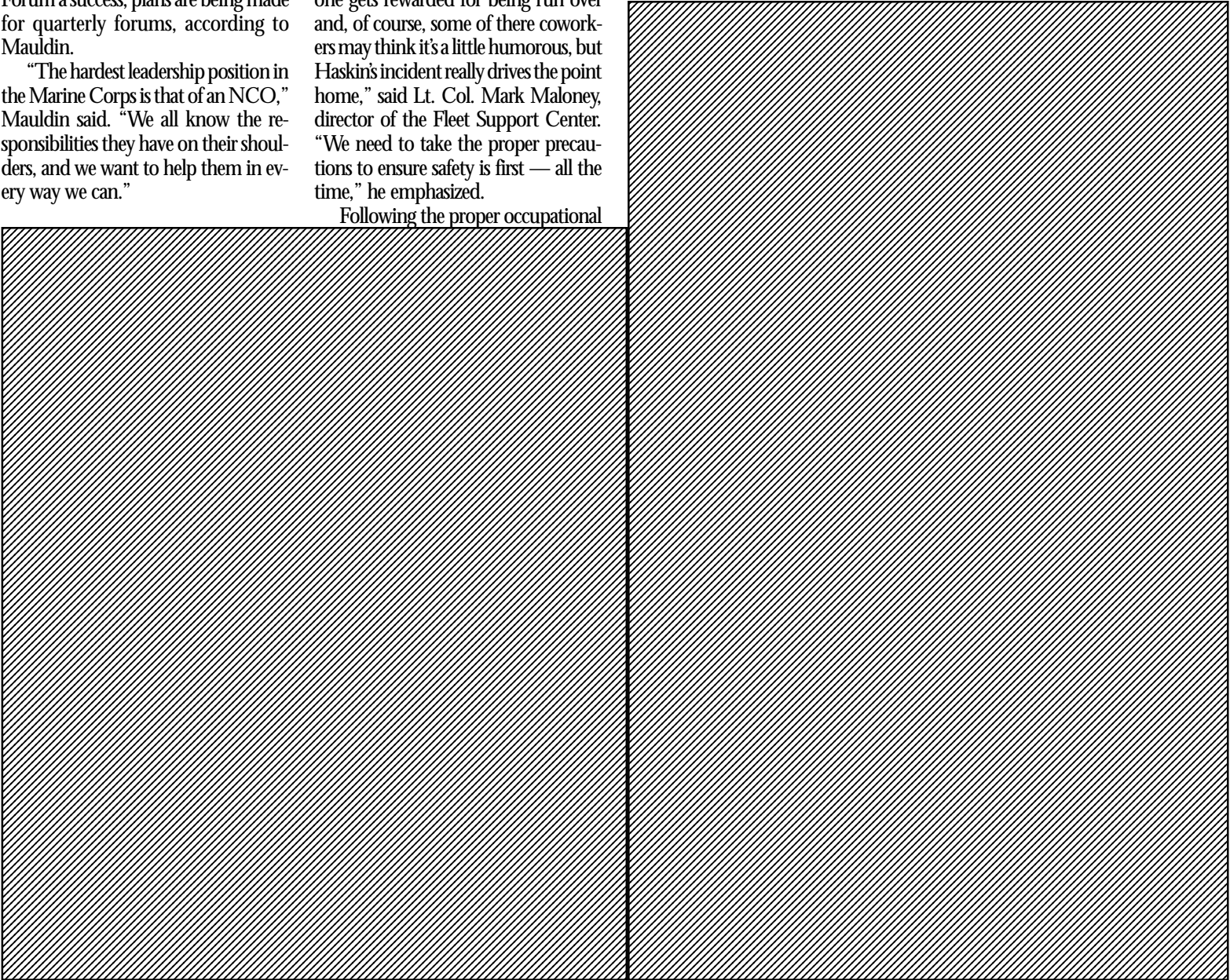
SHOE from Page 1

certificate of award from the International Shoe Company accompanied Haskin's lifetime membership in the Golden Shoe Club. "This is the first time I've presented this award. It's not everyday that someone gets rewarded for being run over and, of course, some of these coworkers may think it's a little humorous, but Haskin's incident really drives the point home," said Lt. Col. Mark Maloney, director of the Fleet Support Center. "We need to take the proper precautions to ensure safety is first — all the time," he emphasized.

Following the proper occupational

safety precautions is the best means to prevent injury, according to Maloney. "It shouldn't take a major incident to remind everyone to exercise the proper precautions, but it often does. If we can get the workforce to follow

through, we can keep the work place safer for everyone," said Maloney. If your job requires you to stand for long periods of time or work in hazardous areas, learn what you can do to help prevent foot injuries.



Defense Contracting Management Command audits MCB

By LCpl. Brian Davidson
BARSTOW LOG staff

The Defense Contracts Management Command visited MCLB Barstow for the Maintenance Center's ISO-9000 pre-qualification audit Aug. 3 - 5.

The audit is the final phase Maintenance Center Barstow will undergo before the final ISO-9000 qualification audit.

MCB is undergoing ISO-9000 qualification as a part of Materiel Command commander MGen. Gary McKissock's plan to have all logistics base maintenance centers qualified, including Blount Island which, recently received ISO-9000 certification, according to Jackie Inclan, ISO lead auditor for Defense Contract Management Command, Atlanta.

"[Major] General McKissock's plan is to later expand ISO qualification to the fleet support centers and other elements of his command," said Inclan. "Any operation or business that is ISO qualified has established a means of operating that is built around strong standards and is highly efficient.

"This is the first time I've ever seen such an audit on a government agency though," added Inclan.

The ISO-9000 is a series of five international standards that provide guidance in the development and implementation of management systems that will promote high-quality products and services globally. The system is versatile. It can be used for any product and the standards can be applied to both the manufacturing and product industries, according to Memory Jogger 9000, the ISO-9000 certification handbook.

Attaining the qualification is a methodical process and doesn't happen overnight, according to Lee Penrose, MCB quality manager and ISO representative.

"The reason for the pre-qual is to fill in the gaps before the real thing takes place," said Inclan. "It's a freebie to measure where MCB is and how much farther they have to go to attain a qualification."

"A year ago, when we went through the primary analysis, we came to see that process would take a lot of time," said Penrose. "The process really doesn't end because of continual evaluation and implementation. You have to make sure each component involved is in step with every other one."

Some of the major incentives behind attaining the qualification are that it will improve how the maintenance center operates and the quality of the products it produces.

"The goal of ISO systems is not just to produce a quality product, but to advance the overall standards of operation and to sharpen the competitive edge of the products by lowering prices," said Bob Hoff, lead technical specialist for DCMC Santa Ana-

Ontario.

Hoff added that documenting proposed changes and follow up is an essential part of getting the system to work.

"It's vital that everyone is involved, especially the work force because it's a matter of three things - saying what you'll do, doing what you said, and documenting it to see how well it works," explained Hoff.

The key elements of documenting the system are; checking or understand-

ing the elements of the standard, determining the need for system improvement, establishing a plan by training and staff development and documenting the plan as carried out.

The key to ensuring MCLB Barstow system's success is the workers, noted Inclan.

"In theory a system will improve products, customers will be satisfied, and managers can see how they are doing. If workers don't document and implement the procedures from receiv-

ing to the purchaser's door, management can not conduct the necessary audits to pass the ISO qualification or audit themselves," said Inclan.

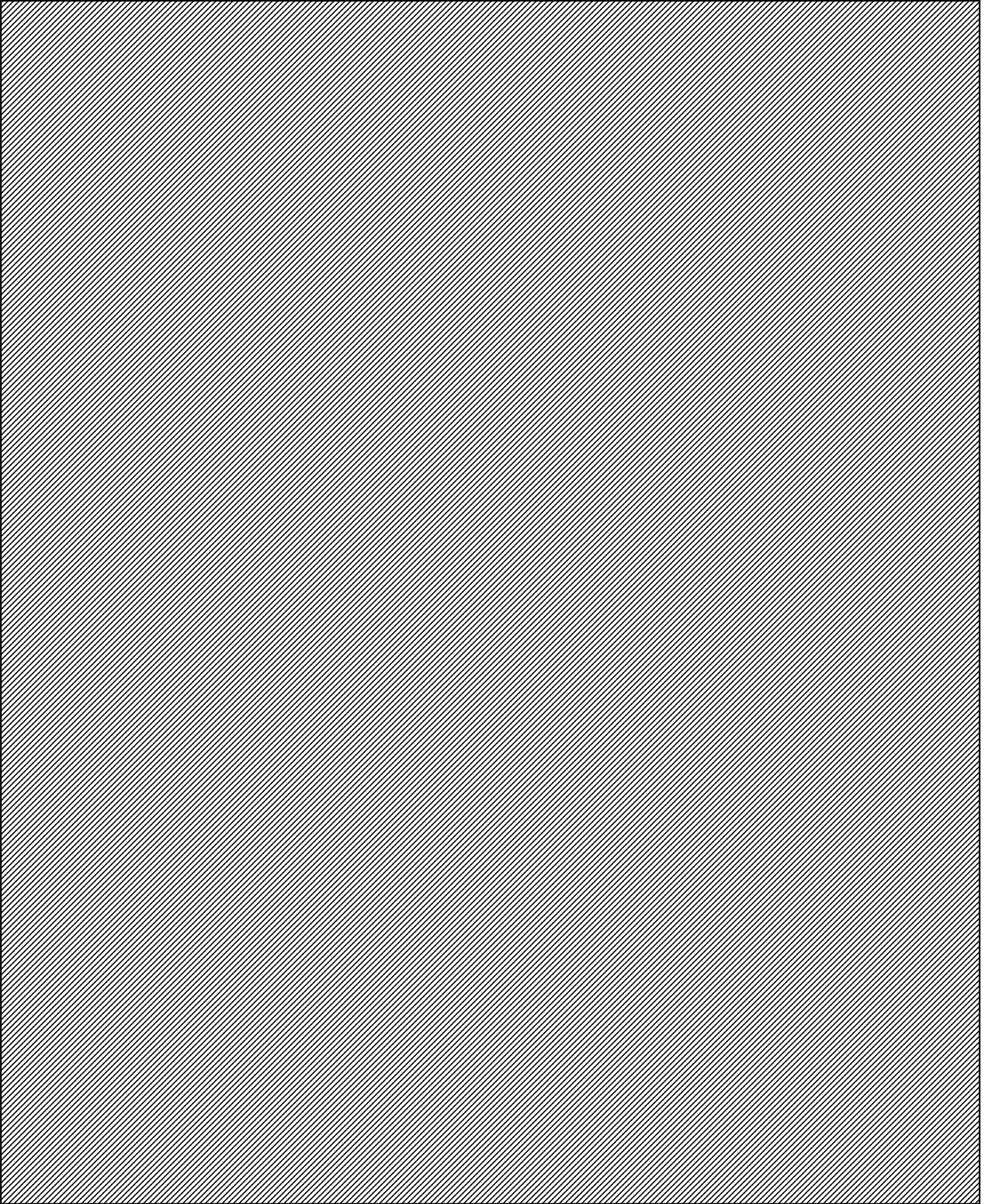
Inclan added that because the work force is so vitally important more training ISO awareness classes may be needed to fill in any gaps in the work force's concept of the system.

According to Inclan the analysis done by DCMC Santa Ana-Ontario last year yielded many positives and this pre-qual audit may determine whether

the qualification audit needs to be pushed back and, if so, for how long.

In addition to other benefits of implementing ISO-9000, some feel that it could also serve as a bit of preventative medicine for the future.

"Of course we had new concerns after the first analysis," said Penrose, "but if we can't lower prices and get the products out, then we're facing more competition and weakness if future rounds of BRAC should ever occur."



SPORTS

Base soccer team forms, sets sights on Western Regionals

By Cpl. Mike McQuillan

BARSTOW LOG staff

The base soccer team has set its cleats into the soil in preparation for the Western Regional Championships at MCRD San Diego October 16-20. Having begun their practice season in



Photo by LCpl. Brian Davidson

Anthony Palmer dribbles and sidesteps past Julia Guadalupe during a 3-on-3 scrimmage at Monday's team practice.

early July, more than three months before the tournament is scheduled to kick off, the Bulldogs are taking the extra time to fill the roster with talent.

"We still need people," said coach Randy Weaver. "We've got some good players, it's just a matter of getting them to practice."

Having committed themselves to surpassing last year's dismal playoff performance, coach and players alike are doubling as soccer recruiters.

"The problem we have is that other bases give Marines time off to practice, so they work out three times a day. They have that extra time to bond as a unit," said Weaver.

The Bulldogs' biggest asset is their experience as underdogs.

"Two years ago they got beat by double digits in two games and were eliminated. Last year, scoring one goal was a big step, believe it or not," said Weaver. "We're not going to kill anybody this year, but we have a chance to win a game or two."

The team roster stands at twelve players, with hopes of expansion.

"It's hard to get people out for practice," said Francois Ventura, who played in MCAS Yuma last season. "I think we would have a better turnout if we could have soccer practice during morning PT, more people would show up."

Ventura remembers the Bulldogs of last year, having beaten them 10-1 in the tournament elimination round.



Photo by LCpl. Brian Davidson

Omar EbanksRivera storms into enemy territory to face Kyran Ramcharan at the goal.

"The only reason we [Yuma] were good last year is because there were a lot of talented players to pick from. We had the numbers," said Ventura. "What this team needs to do is conditioning. What we're going to have to do is run the other teams into the dirt. You can't build talent in 10

weeks but you can build stamina."

Ventura added that training in the High Desert gives the Bulldogs an advantage when they head to San Diego and play games at sea level.

The team practices at Sorensen Field Monday through Thursday at 5 p.m.

Robin Hood wannabes they aren't

By Cpl. Mike McQuillan

BARSTOW LOG staff

The MCLB archery league is still going strong Mondays at 7 p.m. at the indoor range, Building 236. Leagues last ten weeks at a time, with a two or three-week break in between schedules.

New shooters are welcome at any time, said Michael Michener, league coordinator.

"It takes a shooter one night to learn how to hit a target, and two or three weeks to build up the confidence to really compete," said Michener. "The great thing is that we use a handicap system, so anybody can do it."

The next anticipated expansion for bow hunters and recreational shooters is a new three-dimensional range, scheduled for construction in the near future.

More serious shooters have the opportunity to take classes from the National Bowhunter's Education Association when they return to MCLB.

For more information, call Chaplain Michener at 577-6849.



Photo by LCpl. Brian Davidson

Gary Morgan aims in at a target at 20 yards.



Photo by LCpl. Brian Davidson

The wooden arrows with feather fletchings are traditional arrows for shooting two-dimensional targets.



Photo by Cpl. Barbara Sacerio

Log Dog swings with stars

It's only been one week, but the competition has been fierce for SSgt. Frederick D. Waddell as well as many other Marines striving to qualify for the All-Marine Softball Team at MCAS Cherry Point.

They have come from every clime and place to show their sportsmanship and athletic abilities, but only a few will make it by the end of this week to continue onto the All-Armed Forces games.

Waddell, a Public Works draftsman from Barstow has been on the team four times before, to include 1991-1993 and 1995. "I'm setting my sights on qualifying first, and then I'll focus on winning at the Armed Forces game," said Waddell. "It's the closest thing to the Olympics."

"I look forward to competing with and against the best players in the Marine Corps," said Waddell. "It pushes me to play at the top of my game."

1992 TOYOTA PREVIA MINIVAN: White, dual A/C, cruise control, tilt wheel, power everything, central lock, blue book \$11,900 will take \$10,900., owner may finance if needed. Call 252-1766.

1977 CHEVY NOVA: 6 cyc, auto. \$1,000. OBO. Call 252-3802

1981 CADILLAC ELDORADO: V8 auto, all power, needs work (over heats) 5/2000 tags. \$1,000. Call 252-3802

1973 FORD BRONCO: 302, C4 trans., PS, PB, new interior, lots of extras, spare trans., transfer, no more smog in CA. \$5,000. Call 256-8131 AWH.

1993 NISSAN SENTRA: Maroon, 2 door, A/C. \$4,000. Call 252-2926 or 252-5614.

1993 JEEP GRAND CHEROKEE: Limited Edition, white with gold trim, 318 V-8, auto overdrive, rebuilt eng. and trans., loaded, tow package, CD/Primo sound system, tan leather interior; wholesale \$11,150. Retail \$16,205. Sell for \$12,000. OBO. Call 241-8967.

1985 NISSAN MAXIMA: Non-working transmission needs to be rebuilt. \$1,000. Call 240-5101, relay number 888-877-5379.

FOR SALE: Carpet, like new, 3 year old, tan , one piece 11' X 11', 1 piece 11' X 22'. Great for rental \$200. Call 252-1059

FOR SALE: 1997-99 Ford, F-150-F250 factory rear sliding window, take out \$250; 1990-91 Honda, front and rear bumper cover dark blue, \$125.; 92 front \$90. Call 243-1392 AWH.

FOR SALE: Lawn mower, Sears electric. \$100; Basketball hoop, new. \$10; Two Patio chairs, rattan. \$10; Weber barbecue grill, line new. \$10; Baby stroller. \$10. Call 252-1766.

FOR SALE: Couch, Lazy Boy, hide-a-bed, queen size, good condition, good mattress, mauve and blue. \$240. Call 247-3871.

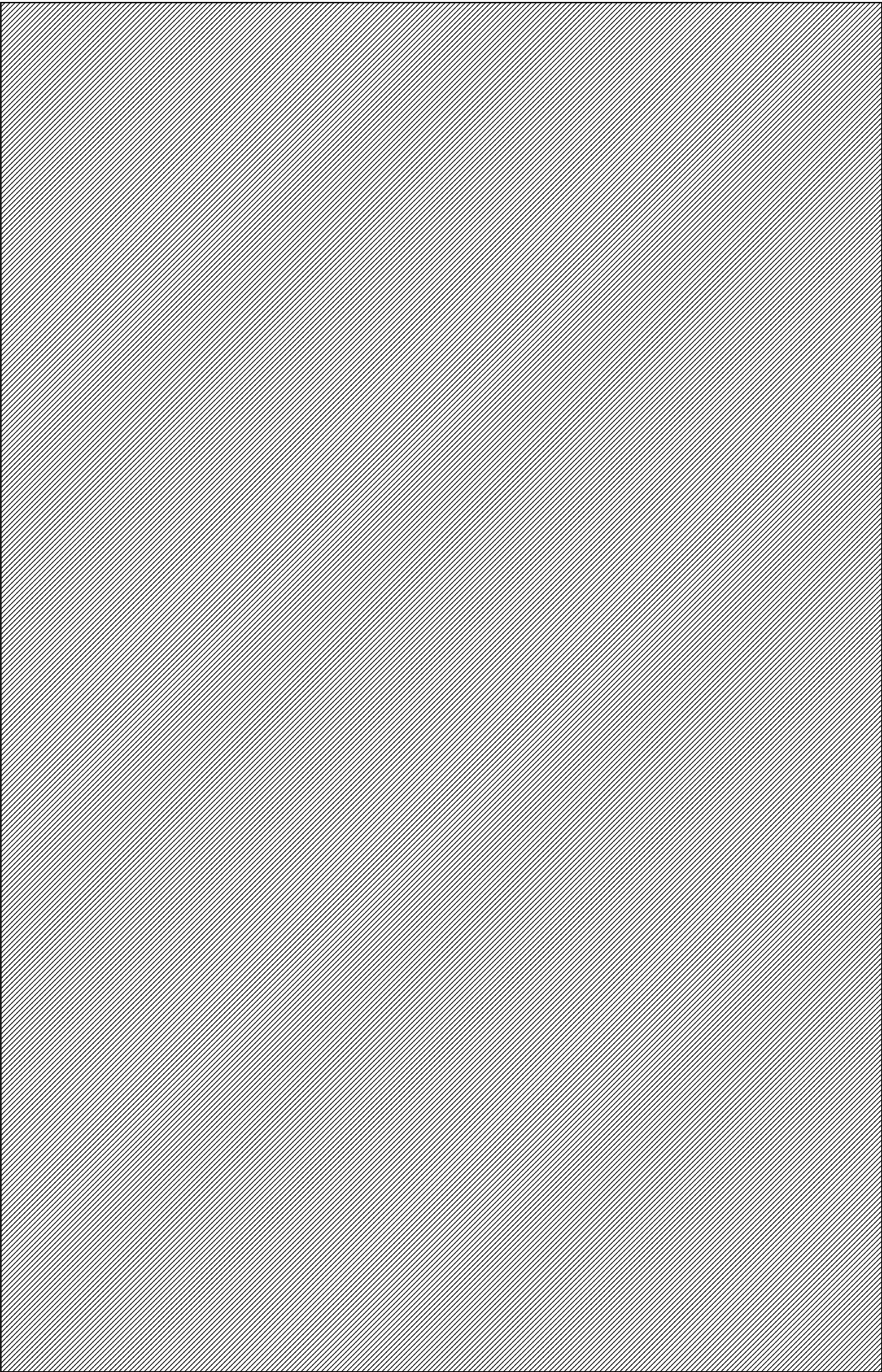
FOR SALE: Tunnel Ram, single carb, for Chrysler 361, 383 and 400. \$65. Call 243-1392 AWH.

WANTED: 8 ft. camper shell for Fleetside Chevy pickup. \$50 or less, Call 243-1392 AWH.

WANTED: Sewing machine, baby walker and high chair. Call 252-9146.

WANTED: Looking for drivers to drive from Apple Valley to Yermo Annex Bldg. 573. No gas payment required. Work schedule is Monday, Tuesday, Wednesday 6:30 a.m. to 4:00 p.m. Call 240-4218. Ask for Phillip.

LOST: Blue Hand Book, 3"X6", printed by Puget Sound Naval Shipyard, lost 2 August in front of building 573. If found call Chin at 577- 7410 or send to Chin Chang, at CWC 616, I.E. Branch, Yermo.





By James H. Gaines
MCCS Publicity

Shop the Base Exchange
Check out these great buys: Panasonic 1100 watt microwave \$99.99, 40-piece glassware set \$9.99, Zujirushi rice cooker \$79.99
Use your MCCS Sand Dollars and make your savings even better.
The Exchange has all your back-to-school supplies at low prices – pencils, pens, erasers, notebooks and more.
The Main Exchange/7-Day Store is open Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for more information.
Gas station hours
The Exchange gas station is open Monday through Friday from 6:30 a.m. to 6 p.m., Saturday from 9 a.m. to 6 p.m. Closed on Sunday.
The gas pumps are self service, you must pay in advance at the cashier's

booth. We accept cash, check and major credit cards. Debit and ATM cards are not accepted at the present time. However, we are working on making this available to our customers and will be operational in the near future.
For more info call the Base Exchange at 256-8974.
Lunch menu for this week
This week's lunch menu at the Family Restaurant and Cactus Cafe offers a delicious variety:
Today – Scalloped potatoes with diced ham, vegetable, roll.
Friday, Aug 13 – Hoki fish, rice, vegetable, roll.
Monday, Aug 16 – Chili-mac, vegetable, roll.
Tuesday, Aug 17 – Rigatoni, vegetable, roll.
Wednesday, Aug 18 – Mexican beef casserole, Spanish rice, vegetable, roll.
Thursday, Aug 19 – Open-face roast beef sandwich, vegetable, roll.

All above meals served with coffee, tea or soft drink. Lunch is served Monday through Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served Monday through Friday at the Cactus Cafe from 11 a.m. to 12 p.m.
Price is \$3 military, \$4.50 civilian.
A La Carte available every day for your luncheon enjoyment:
Chicken sandwich \$1.95
Chicken tenders \$2.95
Two pieces chicken \$1.95
Fish sandwich \$1.95
Two pieces fish \$2
Shrimp (21 pieces) \$2.95
French fries \$1
Seasoned fries \$1.25
Coleslaw \$.80
Potato salad \$1
Hamburger \$1.95
Hamburger with cheese \$2.25
Hamburger with bacon/cheese \$2.45
Double hamburger \$3.45
Semper Subs also available for lunch Monday through Friday: Select from hot or cold sub sandwiches on white or wheat rolls, with extras on request at no extra charge: cheese, mayonnaise, mustard, oil, vinegar and hot peppers.
Family Night Dinner Menu
Tonight – Fried chicken, collard greens, gumbo, pork ribs, corn bread, dessert and beverage (coffee, tea or soft drink).
Thursday, Aug 19 – Baked ham, mashed potatoes and gravy, vegetable,

roll/butter, dessert and beverage (coffee, tea or soft drink).
Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday. All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free.
Marine Appreciation at NCO/Enlisted Club
Wednesday, Aug. 18 beginning at 3:30 p.m. at the NCO/Enlisted Club there will be a special Marine Appreciation event. You are encouraged to attend.
For more info call 577-6495 or 577-6432.
Swimming Lessons
Swimming lessons are held at the Oasis Club pool Tuesday through Friday from 8 to 9:15 a.m.
Lessons from 8 to 8:30 a.m. for children – ages 2 to 5 years. (Note: For children ages 3 and younger, parents will be required to be in the pool with their children).
Lessons from 8:30 to 9:15 a.m. for children ages – 6 to 13 years.

Come to the Semper Fit office in Bldg. 44 to register your children prior to beginning of lessons.
For more info call 577-6971 or 577-6543.
Catalina Island
ITT has ticket vouchers for the *Catalina Express*. Prices are \$33 for adults, \$27 for children (3-11 yrs.) with 28 daily departures from three terminals – San Pedro, Long Beach and Dana Point. Tickets are good any day of the week, but reservations are a must. Children two years and younger are \$2 at the terminal.
ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Call 577-6541 for more info.
Golf championships
Saturday, Aug. 21 the Base Golf Championships will be held. This is a two-day event with food and prizes. Tees and Trees Golf Course is open Monday 11 a.m. to 7 p.m. and Tuesday through Friday from 7 a.m. to 7 p.m.
For more info call 577-6431

